

FRIENDSHIP ADVENTURES AND
CITY OF KIRKLAND PRESENTS:

FAMILY BINGO NIGHT!

SATURDAYS ★ 6:30-8:30PM

March 8, April 19 & May 17

Access drop-off time 7pm, pick up from 8:15-8:45pm

**North Kirkland Community Center
12421 103rd Ave NE, Kirkland, WA 98034**

- \$5 per person at the door
- No charge for volunteers and caregivers
- Snacks and beverages provided

★ **COME FOR AN EVENING OF FUN AND PRIZES!** ★

Please RSVP two weeks in advance with number attending to:

**Maureen@friendshipadventures.org
or call 425.444.3132**

Payment will be collected at the door.

Friendship Adventures is dedicated to enriching the lives of people with developmental disabilities through recreational, educational, and leisure opportunities.

Join Bellevue Highland Community Center Classes!

Kirkland and Bellevue Parks and Community Services Departments have joined forces to provide quality programming and staffing for persons with disabilities. We are assisting with sponsorships for Highland Center's popular programs. Kirkland residents will have an opportunity to enroll in programs at the same time Bellevue residents do!

Sign up early. Classes fill quickly!

Classes are held at the
**Bellevue Highland Center,
14224 Bel-Red Road, Bellevue.**

For programs and registration information call the Highland Center,
425.452.7686

Kirkland Parks
**experience
it!** 

Healthy Snack Ideas

These delicious and fun snack ideas will give you the healthy nutrients you need without the things you don't

Smart Snack Substitutes:



Try These:

low fat muffins – small size snack cakes or cupcakes

popcorn (popped in vegetable oil vs. hydrogenated oil) chips



frozen fruit juice bars (made with 100% fruit juice) popsicles, push pops, etc.

mozzarella cheese sticks & whole grain crackers cheese or peanut butter filled crackers

fruit leather (made from real fruit) fruit roll ups or fruit chews



unsalted nuts or trail mix with dried fruit & nuts trail mix with candy pieces and chocolate

granola bars with whole grains & minimal sugars cookies, candy bars, chewy granola bars

water or 100% fruit juice. fruit drinks or sports drinks

Instead of These: